



GOLDFIELDS
WOMEN'S
HEALTH CARE CENTRE

Upcoming dates to remember for February 2012

Thursday 9 February

Dietetic Clinic run with Dietician Yeeong Lee Chong 9am until 4.30pm, to be convened at the Goldfields Regional District Education Offices, Federal Road Kalgoorlie.

Friday 10 February

Care and Share Morning tea from 10am until 12 noon, to be convened at the Goldfields Regional District Education Offices Federal Road Kalgoorlie.

Saturday 11 February

Come along to our Early Bird Ante Natal Workshop, with a Midwife and a Nutritionist from 9am until 12 noon to be convened at Lotteries House, Wilson Street Kalgoorlie.

Friday 17 February

Meet and Greet Morning Tea 10am until 12 noon to be convened at the Goldfields Regional District Education Offices, Federal Road Kalgoorlie.

To book for one of these workshops or to find out more about these events please ring our friendly staff on 90 218266 or logon to www.gwhcc.org.au for further information.

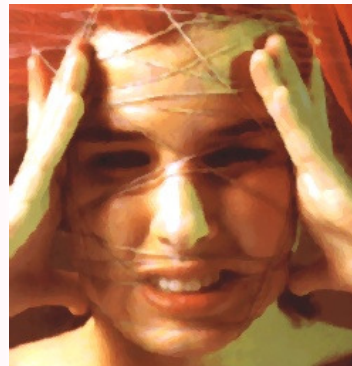
The problem with caffeine and anxiety

Caffeine is a substance that is derived from plants or is produced synthetically, and is an additive in a number of food products and over the counter medications such as pain relievers, appetite suppressants and cold medicine. Most commonly, it is known that caffeine is an ingredient in tea, coffee, chocolate, coca, colas and so called 'energy boosting beverages'.

Tea and coffee are seen by most people merely as beverages, however they do contain caffeine.

Because caffeine is a central nervous system stimulant, in anxious people it can worsen symptoms of anxiety considerably. Consequently, it has been named in diagnoses such as caffeine related anxiety, and caffeine related sleep disorder.

If you find that caffeine is increasing your anxiety problems, it may do you well to eliminate caffeine from your diet—or at least reduce intake to a nominal amount. For tea and coffee drinkers, it is now possible to purchase these products in caffeine reduced and decaffeinated forms. For people accustomed to high caffeine intake, it is advisable to reduce consumption gradually to minimise potential withdrawal effects.



On the 18 January 2012 the Goldfields Womens Health Care Centre relocated to the Goldfields Regional District Education Office situated on Federal Road Kalgoorlie. This relocation is in preparation for renovations due to be undertaken at our Dugan Street offices, to provide the centre with a new roof, restumping to the front of the building, and other minor works. It is anticipated that we will be in our temporary office space for three to four months. These renovations and premise improvement plans have been made possible through a Royalties for Regions grant, Lotterywest and City of Kalgoorlie Boulder grant. The GWHCC contact details remain the same, and the office will be operating from 8.30am until 4.30pm Monday to Thursday, and 8.30am until 3pm on Fridays.

FREE

GOLDFIELDS
WOMEN'S
HEALTH CARE CENTRE

INFORMATION PACKS

**CALL IN TO THE CENTRE
OR CALL
Ph: 90218266**

**CONTRACEPTION - PREGNANCY
PARENTHOOD - PELVIC FLOOR
MENTAL HEALTH - MENOPAUSE**

**Goldfields Women's Health Care Centre
15 Dugan Street Kalgoorlie WA 6430**

(opposite St Mary's Primary School)
Pink House and Pink Fence

**See our website for more information
www.gwhcc.org.au**

bhpbilliton
reaching the future

Making Healthy Choices

When people are stressed, it is often the simple things that are overlooked. And yet, it is the simple things that can often make the most difference to the level of stress that we experience. Some of the following ideas may prove helpful if you are feeling stressed.

Regular daily exercise

When we experience stress, our body produces the hormone adrenaline. Left unused adrenaline leaves us feeling 'wound up' or 'on edge', our blood pressure will remain higher; and we will find it difficult to relax. Exercise can burn off this stress hormone, enabling us to relax.

Strengthening relationships

Ironically it is often when people are most stressed and need the support and stability of relationships that they most neglect themselves.

Make it a priority to put quality time into strengthening and nurturing your relationships. Make an extra effort to spend time with friends particularly if they are in similar circumstances, helping you to feel less isolated and overwhelmed.

Find a positive way of "letting off steam"

If you need to let off steam, do it away from family and friends. Anger is very useful, if it is used for problem solving, but it is destructive if we turn it on ourselves and others.

Learn to say no

For people experiencing stress it is often important to learn to say no (without feeling guilty) to new commitments or potentially stressful additional tasks or responsibilities. Say yes only to things you can achieve realistically.

Find a retreat where you can clear your head

Find a place where you can go and be undisturbed, where you're able to feel calm, settled and separated from the things that seem to be causing you stress. A place where even if for only an hour, you can slow down and allow your body and mind to rest.

Reflect on what you value most in your life and take care of yourself...!!!!!!

All of us would likely benefit from regularly stopping to consider what is really most important to us— that is what we value most. Too often, we can find that all our energy is taken up with things that are quite secondary to what is most important to us. For example, we can neglect our health and relationships because we allow other demands or priorities to "jump the queue" or overshadow everything else.

Relaxation

The same mechanism that turns on the anxiety response can also switch it off again. When we decided to let go of psychical and mental tension (and take steps to do so), the nerves in our muscles change the type of signals they transmit to the brain. The brain then stops sending panic messages to our nervous system and a general feeling of calmness, both physical and mental, begins to prevail. The relaxation response can help switch off the fight or flight anxiety response.

For people who are often anxious, there is little opportunity for high levels of muscle tension to diminish. The consequence of living with a high level of tension is that a state of tension becomes 'normal' and is taken for granted—so that being tense isn't noticed.

Becoming aware of tension in our body, and taking steps to release it through effective relaxation, is a vital strategy in the management of anxiety.

Community Notices



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Dietetic Clinic

**Make a positive difference to
your health & wellbeing**

**2nd THURSDAY every month
with
Yeong Lee Chong—Dietician
Appointments Essential
Contribution of up to \$15 per session**

Ask your GP for a referral or contact us for more information

**Goldfields Women's
Health Care Centre**

**15 Dugan Street Kalgoorlie
Phone (08) 9021 8266.**



To find out more about programs and support groups at Goldfields Womens Health Care Centre or to make a booking for our clinics please ring our centre on 90 218266 or logon to www.gwhcc.org.au